Winter/Spring 2020

Children • Youth • Teens • Adults • Seniors • Special Events

Welcome to Winter/Spring 2020

An invitation to people of all abilities!

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission. Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

WINTER/SPRING REGISTRATION BEGINS ON WEDNESDAY, DECEMBER 4, 2019 AT 9:00AM

Register online, in person, or by mail

Park and Recreation does not accept any registrations by phone.

Online:

www.needhamma.gov/pronlinereg

In Person:

Park and Recreation Office 178 Rosemary Street

By Mail

Send in your completed registration form and payment to the Park and Recreation Office - Attn: Registration

Registration Notes

- See Registration Policies located on the last page.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put you name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come, first served basis, including students in the Needham Public Schools' METCO program.
- <u>Scholarships</u> may <u>only</u> be processed by mail or in person.
- Credits may be used online.

Park & Recreation Commission

Christopher J. Gerstel, Chairman Cynthia J. Chaston, Vice-Chairman

David C. DiCicco

Michelle S. Geddes

Matthew M. Toolan

Director—Patty Carey

Assistant Director—Angela O'Connor

Administrative Specialist—Kristen Wright

Recreation Supervisor—Chris Burnham

Administrative Assistant—Kimberly Parsons

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Park & Recreation Office

Rosemary Recreation Complex 178 Rosemary Street, Needham, MA 02494 781-455-7930

Open Monday—Friday, 8:30am—5:00pm Excluding observed Holidays

Stay Updated with Park and Recreation



Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program

updates, field status updates and ice depth updates!!

- Go to the Town of Needham website at www.needhamma.gov and click on the 'Notify Me' box on the left hand side of the webpage.
- Enter your e-mail address (or cell phone number for text messages)
- Select e-mail type, HTML or Text
- Select box for RECREATION INFORMATION and/or FIELD STATUS
- Click the SUBSCRIBE button

Like us on Facebook! Follow us on Instagram and Twitter!



www.facebook.com/NeedhamRecreation



@needhampandr



@NeedhamPandR

Special thanks to Adam Witham for the Winter/Spring cover designs, including "Parker" our official department mascot! Adam is a local Graphic Designer, and he can be contacted at adwitham@aol.com for all graphic design needs.

KIDS NIGHT OUT

Give yourself the night off and treat your child to a supervised night out of fun and interactive games, unique craft projects, a pizza dinner, dessert AND a movie!

Age: 3-10 years old

(Birth Certificate required for all 3-5 year olds)

Sessions: SEE BELOW Time: 5:30—9:00pm

Location: Rosemary Recreation Complex
Limit: 50 participants (min. of 20 required)
Fee: \$25 per participant/session | 1 day event

Friday, January 10 Movie: Mary Poppins Returns

Friday, February 7
Movie: Secret Life of Pets 2

Friday, March 6
Movie: Frozen 2

Friday, April 3 Movie: Aladdin

Friday, May 1 Movie: Toy Story 4





I LEGO MAKE IT—TAKE IT CHALLENGE

Be a part of designing, creating and building solutions with LEGOs! Every class kids will be given a LEGO engineering challenge. They will then take part AND take home the LEGO creation that they degined and constructed! Join in on the fun and register for 1, 2 or all 5!

Age: 5—9 years old (Grades K-3)
(Birth Certificate required for all 5 year olds)

Sessions: SEE BELOW

Location: Rosemary Recreation Complex
Limit: 10 participants (min. of 5 required)

Fee: \$50 per participant/session | 1 day event

Sunday, January 12 1:00 - 3:00pm Theme: Amazing LEGO Maze

Sunday, February 2 1:00 – 3:00pm

Theme: Minifigure Underwater Rescue Challenge

Friday, March 27 3:30 – 5:30pm Theme: Balloon Powered Car 0

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Sunday, April 12 1:00 – 3:00pm Theme: LEGO Volcano

Sunday, May 17 1:00 – 3:00pm Theme: Extreme Shelter

PARENT TALK CAMP FAIR

Most parents have plenty of questions about summer camps. There are so many camps to choose from, and it is hard to know which one will best meet your family's needs.

It can be overwhelming! Where do you begin?

Parent Talk hosts an annual Summer Camp Information Fair to help parents simplify their search for a local summer camp. The Camp Fair will provide parents an opportunity to meet with representatives from area summer camps and assess how their programs meet the needs of their children and family. For more information, please contact campfair@parenttalk.org.

Thursday, January 23, 2020 | 6:30—8:30pm Rosemary Recreation Complex More Information: www.parenttalk.info



FUTURE SCIENTISTS & ENGINEERS

Come on a learning journey and join in on the fun! Exploration, discovery and wonder await your imagination in this science class. Get ready to have a unique, fun and engaging experience! Activities are all hands-on and most experiments you will be able to take home to show your family and friends! Activities include: Glow in the Dark Slime, Building a Catapult and MORE!! Led by Diane Benson, M.Ed.

3.5—5 years old (Birth Certificate required)

Session: Mondays, January 13—March 9

Time: 12:45-1:45pm

Location: Rosemary Recreation Complex Limit: 8 participants (min. of 5 required)

Fee: \$155 per participant | 7 week session



This program will be a hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret component to white light and hidden rainbows. Discover dinosaurs and how a chemist knows what to mix together to make a reaction. Imagine what it's like in outer space and explore the inner space of the human body. There is so much to discover and learn in the world of Mad Science!

Age: 5—8 years old (Grades K—2) Session: Tuesdays, January 7—March 3

Time: 4:00-5:00pm

Rosemary Recreation Complex Location: Limit: 15 participants (min. of 10 required)

\$135 per participant | 8 week session Fee:

NETGEN—YOUTH TENNIS PROGRAM

Net Generation is the official youth tennis program of the USTA, celebrating a game where no one ever sits on the sidelines. Tennis is a game that is easy to learn and tailored for kids of all ages and abilities. Racket required.

5-13 years old Age: (see Times below)

Session 1: Tuesdays, January 7—February 4 Session 2: Tuesdays, February 25—March 24 6:30-7:30pm Times: Ages 5-7

7:30—8:30pm Ages 8-13

Location: Pollard Middle School Gyms

Limit: 25 participants per session (min. of 6 required) Fee: \$60 per participant/session | 5 week session

Ice skating lessons

Get on the ice this Winter/Spring with Park and Recreation's Ice Skating Lessons! We offer 3 levels of lessons, please review the level descriptions below.

Age: 5 vears old and up

Birth Certificate required for all 5 year olds

Session: Tuesdays AND Thursdays,

March 3- March 19

Level/Time: SEE BELOW

Location: St. Sebastian's School Ice Skating Rink Equipment: Single blade skates and helmets

required (No rentals are available)

Fee: \$45 per participant | 3 week session

PENGUIN LEVEL

- Has never skated before and/ or needs assistance standing and moving on skates
- ALL five year old's must register for Penguins
- Single blade figure or hockey skates required

Times: 3:30-4:00pm OR 4:00-4:30pm

OR 4:30-5:00pm

Limit: 3:30 class-20 participants

4:00 class—15 participants 4:30 class—15 participants

SNOW LEOPARD LEVEL

- Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
- Will work on refining basic skills, snow plow stop, gaining confidence and speed.
- Single blade figure or hockey skates required

3:30-4:15pm *QR* 4:15-5:00pm Times:

3:30 class-20 participants Limit: 4:15 class—15 participants

POLAR BEAR LEVEL

- Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
- Will work on different stops. turns, crossovers, edges and increased speed.
- Single blade hockey skates ONLY

4:15-5:00pm Time: 15 participants









NASHOBA VALLEY SKI AND SNOWBOARD PROGRAM REGISTRATION ENDS ON TUESDAY, DECEMBER 10 AT 5:00PM

Whether you prefer skis or boards, we invite you to join us for six weeks on the slopes! With optional one-hour lessons and approximately 2.5 hours of practice time, all participants are in for some fun! Bus transportation and supervision are included. Rentals are also available from the facility (See below for pricing).

10-15 years old RENTAL EQUIPMENT (for 6 weeks) Session: Saturdays, January 4—February 8 \$125 per Ski OR Snowboard RENTAL \$45 per person per helmet RENTAL Time: 7:15am—1:15pm \$60 per person to PURCHASE a helmet Location: Pick up from Public Service Administration Building

Parking Lot

35 participants (min. of 20 required) Limit: THE PRE-FIT MEETING IS

W/LESSONS: \$525 per participant | 6 sessions TUESDAY, DECEMBER 10th FROM 6:00PM-7:30PM Fee:

at the Park and Recreation Office. W/O LESSONS: \$490 per participant | 6 sessions

FLOOR HOCKEY WITH MA SPORTS LEAGUE

Back by popular demand! Join us for weekly floor hockey tournaments with the staff from MA Sports League. Participants will learn and practice proper puck handling, passing and shooting.

8-13 years old Age:

Session 1: Mondays, January 6-March 9 Session 2: Mondays, March 16-May 11

6:00-7:00pm Time:

Pollard Middle School Location:

Limit: 20 participants per session (min. of 8 required)

Fee: \$125 per participant | 8 week session

POWERPLAY DODGEBALL WITH TERRIERS SPORTS

Kids love the fast-paced action, throwing, catching and of course dodging balls in this classic game. Teams are organized by grade and styled with team shirts. Teams also enjoy a tournament for the coveted Terriers Dodgeball Bucket.

Age: 8—12 vears old

Session: Wednesdays, February 26—March 25

Time: 6:00-7:00pm

Location: Pollard Middle School

Limit: 44 participants (min. of 12 required) Fee: \$135 per participant | 5 week session

INTRO TO ARCHERY WITH ON THE MARK ARCHERY

Relax and take aim for your target and feel the thrill of the Add on to the basics with Intermediate Archery lessons! success when your patience and concentration pays off. All Completion of Intro to Archery is recommended but not equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8-16 years old

Thursdays, January 16—February 6 Session:

6:30-7:30pm Time:

Location: Pollard Middle School

Limit: 16 participants (min. of 8 required)

Fee: \$110 per participant | 4 week session

INTERMEDIATE ARCHERY WITH ON THE MARK ARCHERY

required. All equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8-16 years old

Session: Thursdays, March 5-March 26

6:30-7:30pm Time:

Location: Pollard Middle School

Limit: 16 participants (min. of 8 required)

Fee: \$110 per participant | 4 week session

GIRLS ON THE RUN

Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

8—10 years old *(Grades 3—5)* Age:

Session: Sundays & Thursdays, March 15—May 21

Time: 3:30-5:00pm Location: DeFazio Park Track

Limit: 18 participants (min. of 8 required) \$235 per participant | 12 week session Fee:

HEART AND SOLE

The Heart & Sole curriculum is rich with themes girls can relate to addressing the whole girl-body, brain, heart, spirit and social connection—and building important life skills such as team building, boundary setting, decision making and more.

Age: 11—13 years old (Grades 6—8)

Session: Sundays & Wednesdays, March 15—May 20

Time: 3:30-5:00pm Location: DeFazio Park Track

Limit: 12 participants (min. of 8 required)

Fee: \$235 per participant | 12 week session

Early release day programs

GRADES K-5

Our staff will meet participants at each school and Participants will be picked up at Pollard Middle School and transportation will be provided from each school to the event. At the end of the event the bus will return all the end of the event the bus will return all participants to transportation will be provided from each school to the participants to the Rosemary Recreation Complex for Pollard Middle School for pick-up. pick-up.

Age: 5—10 years old (Grades K—5)

Session: SEE BELOW

Directly after school-5:00pm Time: Limit: 30 participants (min. of 20 required) \$65 per participant/event | 1 day event Fee:

GRADES 6-8

I I Age: 11—13 years old (Grades 6-8)

I Session: SEE BELOW 11:30am-5:00pm ■ Time:

Limit: 30 participants (min. of 20 required) \$65 per participant/event | 1 day event

WEDNESDAY, JANUARY 15

GRADES K-5

GRADES 6-8

Knucklebones will be coming to the RRC for an afternoon of innovative games!

We will travel to XtremeCraze in Woburn for an afternoon of inflatable fun, laser tag and an arcade.

WEDNESDAY, JANUARY 29 **GRADES K-5 GRADES 6-8**

Both groups will be traveling to SkiWard for an afternoon of tubing and hot chocolate!

Please note that participants must be at least 42" tall to go tubing

WEDNESDAY, FEBRUARY 12

GRADES K-5

GRADES 6-8

Both groups will travel to the new Warrior Ice Arena in Brighton, practice facility of the Boston Bruins, for tour of the facility and some ice skating (skate rentals included)!

WEDNESDAY, MARCH 4

GRADES K-5

GRADES 6-8

We will travel to Altitude Avon in Avon for an afternoon of trampoline fun! We will travel to Boda Borg in Malden for an afternoon of questing!

WEDNESDAY, MARCH 18

GRADES K-5

GRADES 6-8

We will travel to Land's maple syrup!

We will travel to Rock On Sake Farm in Weston for an Adventure for an afternoon afternoon of learning about of rock climbing, bouldering, and a zipline!

WEDNESDAY, APRIL 1

GRADES K-5

GRADES 6-8

The team from Mass Audubon-Moose Hill will join us at the RRC for an outdoor exploration!

We will travel to Apex in Marlboro for an afternoon of laser tag, bowling and time at the arcade!

WEDNESDAY, MAY 6

GRADES K-5

GRADES 6-8

Both groups will travel to Launch Trampoline Park in Watertown for an afternoon of sky fun trampoline fun! Pizza lunch will be included!

WEDNESDAY, MAY 20

GRADES K-5

GRADES 6-8

We will travel to LEGO land in Somerville for LEGOtastic afternoon of fun!

We will travel to Urban Air in Bellingham for an afternoon of thrills!

WEDNESDAY, JUNE 3

GRADES K-5

GRADES 6-8

We will be traveling to Broadmoor Wildlife Sanctuary in Natick for an afternoon of outdoor exploration and ponding! We will be traveling to TreeTop Adventures in Canton for an afternoon of rope climbing high in the sky!

vacation programs

SNOWY DAYZ

WITH PARK AND RECREATION

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old

Dates: Tuesday, February 18—Friday, February 21

Full Day: 9:00am—4:00pm Half Day: 9:00am—12:00pm

Location: Rosemary Recreation Complex

Limit: 40 participants per session *(min. of 12 required)* Weekly Fee: Full Day—\$150 per participant | 4 day session

Half Day - \$70 per participant | 4 day session

Daily Rate: Full Day— \$45 per participant | 1 day session

Half Day— \$20 per participant | 1 day session

SPRING DAYZ

WITH PARK AND RECREATION

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old

Dates: Tuesday, April 21—Friday, April 24

Full Day: 9:00am—4:00pm Half Day: 9:00am—12:00pm

Location: Rosemary Recreation Complex

Limit: 40 participants per session (min. of 12 required)
Weekly Fee: Full Day—\$150 per participant | 4 day session

Half Day- \$70 per participant | 4 day session

Daily Rate: Full Day— \$45 per participant | 1 day session

Half Day - \$20 per participant | 1 day session

HOOP IT UP

Spend your February break learning new basketball skills or brushing up on old ones! Dribbling, passing, shooting and defensive skills will be emphasized. Daily scrimmages to put your skills to the test! *FEBRUARY VACATION ONLY*

Age: 7—13 years old

Dates: Tuesday, February 18—Friday, February 21

Time: 9:00am—12:00pm Location: Pollard Middle School

Limit: 30 participants per session (min. of 12 required)

Fee: \$115 per participant | 4 day session

THUNDERCATS SPORTS JAM

Basketball, soccer, floor hockey, dodgeball, ultimate football, and every crazy game you can think of! Thundercats Sports fills these 4 days with loads of fun!

Age: 7—11 years old

February: Tuesday, February 18—Friday, February 21

April: Tuesday, April 21—Friday, April 24

Time: 9:00am-4:00pm Location: High Rock School

Limit: 30 participants per session *(min. of 12 required)*Fee: \$205 per participant/session | 4 day session

LEGO MASTER BUILDERS

Create your own LEGO adventure where you are the Master Builder! Building models from your own imagination is creative and endlessly fun! There are no limits to what you can build. Each child will have the opportunity to use many different minifigs, blocks, bricks, base plates and more! The LEGOs stay, but the memory is yours forever! Each participant will go home with a framed phot of themselves and their creation to show friends and family! *Please send your child with a peanut and tree-nut free snack and drink.*Led by Diane Benson

Age: 5—9 years old *(Grades K—3)*

February: Friday, February 21

Theme: Jurassic World

April: Friday, April 24

Theme: Super Heros & Local Heros

Time: 9:00am—12:00pm

Location: Eliot Elementary School

Limit: 15 participants per session (min. of 5 required)
Fee: \$50 per participant/session | 1 day session

AMERICAN GIRL DOLL CREATE & PLAY

Bring your special friend (does not have to be an American Girl Doll—feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy! What you make and take home will lead to several hours of continued play and enjoyment at home! Please send your child with a peanut and tree-nut free snack and drink. Led by Diane Benson

Age: 5-9 years old (Grades K-3)

February: Friday, February 21

Theme: Slumber Party

April: Friday, April 24

Theme: Ice Cream Stand

Time: 1:00pm-4:00pm

Location: Eliot Elementary School

Limit: 30 participants per session *(min. of 12 required)*Fee: \$55 per participant/session | 1 day session

ADULT YOGA

Join us and end your day with stretching, balancing, strengthening, and relaxation in our Adult Yoga class.

Age: 17 years old and up

Rosemary Recreation Complex Location:

Limit: 30 participants per session (min. of 5 required) \$40 per participant/session | 8 week session Fee:

Mondays with Jennie

Jennie will lead you through a relaxing practice that is the

perfect way to end your Monday.

Mondays, January 6-March 9 Winter: Sprina: Mondays, March 23-May 18

Time: 5:30pm-6:30pm

Wednesdays with Verna

The <u>6:45pm class</u> is a relaxing practice focusing on the Sun A sequences. The 8:00pm class is appropriate for those students who are comfortable doing the Sun A & Sun B sequences but desire some refinement of the postures as well as the introduction of additional poses.

Winter: Wednesdays, January 8-March 4 Spring: Wednesdays, March 18-May 13

6:45pm-7:45pm OR 8:00pm-9:00pm Times:

WATERCOLOR WORKSHOP

WITH THE NEEDHAM ART ASSOCIATION

Through the application of wet-on-wet washes, participants will learn to achieve luminous light effects and lush darks with transparent watercolor. We will begin with middle value to create paintings that exude instant atmosphere. The evocative beauty of utilitarian objects - transformed when infused with light - will be This workshop is designed to enhance the focus. creative and technical skills. Participants will paint from Some previous watercolor direct observation. experience is helpful. Led by Professor Irena Roman.

Irena has received many awards of distinction in the United States and across the globe. Adding to her distinguished career in painting and illustration, she is a Professor at the Massachusetts College of Art and Design, Boston.

Age: 17 years old and up Session: Saturday, February 29 Time: 9:30am-4:00pm

Location: Rosemary Recreation Complex

Limit: 12 participants per session (min. of 6 required)

Fee: \$115 per participant | 1 day event

BREATHE & STRETCH TO UNWIND

This class is to provide space to "just be in the moment". Participants will learn various stretching and breathing techniques in a relaxing and nonjudgmental atmosphere, and a guided imagery meditation to allow you to learn and implement this practice throughout a busy day! Led by certified instructor Brenda Considine-Miskin

Age: 17 years old and up

Winter: Wednesdays, January 8-March 4 Wednesdays, March 18-May 20 Spring:

Time: 5:30pm-6:30pm

Location: Rosemary Recreation Complex

15 participants per session (min. of 6 required) Limit: Fee: \$85 per participant/session | 8 week session

DANCE & STRETCH TO UNWIND

This is a class designed for participants to be their true authentic selves, through a mix of fun and inspirational music! It's a variety of Shake Your Soul®, participants own creative dance, ballet stretching, Yoga, Qi Gon and meditation.

Led by certified instructor Brenda Considine-Miskin

Age: 17 years old and up

Winter: Tuesdays, January 7—March 3 Spring: Tuesdays, March 17—May 12

Time: 6:00pm-7:30pm

Location: Rosemary Recreation Complex

Limit: 15 participants per session (min. of 6 required) Fee: \$105 per participant/session | 8 week session

ADULT OUTDOOR TENNIS LESSONS

Tennis is a great sport for all ages. Join us as a beginner to learn the game all the way up to intermediate where you can polish your strokes and serve.

Beginner Level: For those without any prior tennis playing experience.

Advanced Beginner Level: For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage and match play. Intermediate Level: For those with a lot of experience who

understand all aspects of the game but would like to become more consistent.

17 years old and up Age:

Thursdays, April 30—May 28 Session:

Times: 9:00am-10:00am-Beginner/Ad. Beginner

> 10:00am-11:00am-Ad. Beginner 11:00am-12:00pm-Intermediate

Location: Mills Field Tennis Courts

Limit: 15 participants per session (min. of 6 required)

Fee: \$75 per participant/session | 5 week session

ADULT GOLF LESSONS

Come learn the game of golf or improve your skills with our Adult Golf Lessons! Two levels will be offered on two different days! Proper clothing and some clubs required, contact the Golf Club for more information.

Beginner Level: For those without any prior golf playing experience or those that haven't picked up the clubs in a while!

Advanced Beginner Level: For those that have golfed before but are looking to improve their skills.

17 years old and up Aae:

Session 1: Tuesdays, April 28—May 26 Session 2: Wednesdays, April 29—May 27 Times: 5:30pm-6:30pm-Beginner 6:30pm—7:30pm—Ad. Beginner

Location: Needham Golf Club

Limit: 7 participants per session (min. of 4 required)

Fee: \$110 per participant/session | 5 week session

SENIOR EXERCISE

Three different classes, three different teachers, all with one goal: to help men and women aged 50 or older stay fit in an enjoyable, social and supportive setting

Age: 50 years old and up

Location: Rosemary Recreation Complex

Limit: 30 participants per session (min. of 5 required)
Fee: \$30 per participant/session | 8 week session

Mondays with Judi

Judi gets your blood pumping and your body moving

in her rhythmic aerobic workout!

Winter: Mondays, January 6—March 9 Spring: Mondays, March 23—May 18

Time: 9:00am—10:00am

Wednesdays with Shirley

Shirley's great tunes and fun packed hour of floor work, free weights, and center work will get you fit in no time!

Winter: Wednesdays, January 8—March 4 Spring: Wednesdays, March 18—May 13

Times: 9:30am—10:30am

Fridays with Maureen

Maureen is bringing the energy, fun and power of

Zumba to the seniors of Needham!
Winter: Fridays, January 10—March 6
Spring: Fridays, March 20—May 22

Times: 9:00am-10:00am

SENIOR YOGA

Join Judi in a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance, and stretch with some quiet meditation and relaxation. Participants should bring a yoga mat.

Age: 50 years old and up

Winter: Mondays, January 6—March 9
Spring: Mondays, March 23—May 18

Time: 10:00am—11:00am

Location: Rosemary Recreation Complex

Limit: 30 participants per session (min. of 12 required)
Fee: \$30 per participant/session | 8 week session

SENIOR GOLF LEAGUE

Come score a hole in one with our Senior Golf League! Each week you'll be paired with a new competitor. Will you be the overall winner this season? Previous experience is necessary with a 9-hole score of 72 or less

Cannot commit to the whole season? Sign-up to be a substitute!

Age: 50 years old and up

Session: Tuesdays, April 28—July 14

Time: First group tees off at 9:00am and the

last group tees off at 10:30am

Location: Needham Golf Club

Limit: 64 participants per session

Fee: \$280 per participant | 12 week session

SENIOR INDOOR WALKING

Stay fit this winter by Walking with Sharon! Our walkers meet every Tuesday, Wednesday and/or Thursday at 3:00pm. Call the Park and Recreation office for more information or stop by the office to register!

NEEDHAM TENNIS COURT BADGES

for the 2020 Season will go on sale starting:

MONDAY, MARCH 2, 2020

Badges are required for <u>all</u> public court use at Mills Field, Newman School and Needham High School Tennis Courts from March - October each year.

INDIVIDUAL RATE: \$30 FAMILY RATE: \$45 SENIOR RATE: \$15

NEEDHAM GOLF CLUB PUBLIC HOURS

Please visit http://www.needhamgolfclub.com/residents-guide.html to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS

3:00 PM - Closing

TUESDAYS 8:00 AM - Closing



Winter safety tips

SAFE SLEDDING TIPS

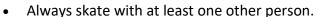


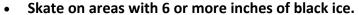
- Examine area for hazards such as trees, rocks, and "man-made" jumps.
- Dress properly, protecting hands, feet and your face from the cold.
- Check sled before use. Do not use sleds without a method of control.
- Sled on snow-packed hills with at least one other person. Do not sled on ice!
- Keep your head at back of sled and wear a helmet.
- DO NOT build snow jumps!

OUTDOOR SKATING

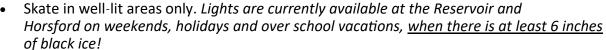
- Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze.
- Ice depths are not checked during winter storms and clean-ups.
- Signs posted at each location must be observed.
- Current ice depths and skating conditions are posted on the Park and Recreation website, under 'Outdoor Skating and Sledding' (www.needhamma.gov/parkandrecreation) and on our Facebook Page (www.facebook.com/NeedhamRecreation)

SAFE SKATING TIPS









 Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.

OUTDOOR SKATING

Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze. Ice depths are not checked during winter storms and clean-ups. Signs posted at each location must be observed.



Current ice depths and skating conditions are posted on the Park and Recreation website, under 'Outdoor Skating and Sledding' at www.needhamma.gov/parkandrecreation and on the Park and Recreation Facebook page www.facebook.com/NeedhamRecreation

OUTDOOR SKATING LOCATIONS



HORSFORD: on Central Avenue—across from RTS, at entrance to Town Forest.

FARLEY: on South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR: 470 Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON: on Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE: CLOSED FOR THE SEASON DUE TO CONSTRUCTION!

SPORTSMAN: on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.







Winter/spring 2020

WE ARE HIRING!

Needham Park and Recreation is accepting applications for program instructors and Early Release Day chaperones.

Applicants must be a minimum of 16 years of age. Applications can be found online at www.needhamma.gov/ParkandRecreation

WE WANT YOUR IDEAS!



Do you have great program ideas for the Needham Community?

We'd love to hear from you!

Email parkandrecreation@needhamma.gov

TAKE A HIKE!

Time to get outside and smell the fresh spring air! The Needham trails are a great way to get exercise and are perfect for the whole family! Trail maps can be found on the Town website—www.needhamma.gov/Trails.





Tuesday, December 31, 2019 10:00am—Midnight

Visit <u>newyearsneedham.org</u> for the event schedule and locations to purchase event buttons!

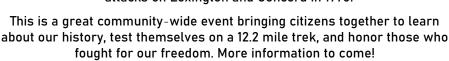
March 2020—19th Annual Needham Unpwugged!

Created by Needham Youth & Family Services, Needham Park and Recreation & Charles River YMCA, Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of the plug. The activities emphasize person-to-person interaction, health, and wellness an are for all Needham students and families. Keep an eye out for this years calendar of events coming soon!

SAVE THE DATE

Saturday, April 4th, 2020

Needham Park & Recreation along with the Needham History Center & Museum are planning a commemorative walk (Needham 1775) to remember the efforts of the Needham militia which joined the battle to repel British attacks on Lexington and Concord in 1775.





Summer 2020

SUMMER VOLUNTEER PROGRAM

Youth <u>ages 11 and up</u> are welcome to volunteer at the Park and Recreation Summer Programs and the Pools at Rosemary Recreation Complex

The volunteer information booklet will be available beginning

WEDNESDAY, APRIL 1, 2020

Volunteer information booklet can be picked up at the Park and Recreation Office <u>OR</u> download and print online by visiting www.needhamma.gov/ParkandRecreation and selecting the "Volunteer" option in the left-hand menu.

REGISTRATION WILL BEGIN ON WEDNESDAY, APRIL 8 from 5:00-6:30pm



ARE YOU THINKING ABOUT WORKING WITH US THIS SUMMER?!

Applications can be found online for all summer employment opportunities with Park and

Recreation. Applicants must be minimum of 16 years old.

www.needhamma.gov/ParkandRecreation

Lifeguards must be Red Cross Certified and the American Red
Cross offers classes throughout the entire year!

Don't wait—get certified today!

redcross.org/take-a-class/lifeguarding



SAVE THE DATE

SAVE 2020 SUMMER REGISTRATION

2020 PARK AND RECREATION SUMMER PROGRAM REGISTRATION WILL BEGIN ON



2020 Pools at Rosemary Season Memberships

Information about the 2020 Memberships to the Pools at the Rosemary Recreation Complex will be out soon!

Information will be posted on our website—<u>www.needhamma.gov/PoolsatRRC</u> and on our social media accounts:

Facebook: www.facebook.com/Needham Recreation (Main Page)

www.facebook.com/RosemaryRecreationComplexNeedham (Pool News)

Instagram: www.instagram.com/NeedhamPandR
Twitter: www.instagram.com/NeedhamPandR



A year in review



PROGRAM REGISTRATION FORM

GENERAL INFORMATION				
Last Name:		<u> </u>	Today's Date:	//
Address:				
No.	Street	City	State	Zip
E-mail Address:		Main Ph	Main Phone:(Home/Work/Cell)	
Alt Phone 1:	(Home/Work/Cell)	Alt Phone 2: (Home/Work/Cell)		
Emergency Contact Name :		Phone:		
PARTICIPANT #1 INFORMATION		PARTICIPANT #2 INFORMATION		
Name:		Name:		
Date of Birth:/			JJ	
Allergies or Medical Concerns:		Allergies or Medical Concerns:		
PROGRAM #1:		PROGRAM #1:		
SESSION/WEEK:	TIME/DAY/LEVEL:	SESSION/WEEK:_	TIME/	DAY/LEVEL:
PROGRAM #2:		PROGRAM #2:		
SESSION/WEEK:TIME/DAY/LEVEL:		SESSION/WEEK:TIME/DAY/LEVEL:		
PROGRAM #3:		PROGRAM #3:		
SESSION/WEEK:	TIME/DAY/LEVEL:	SESSION/WEEK:_	TIME/	DAY/LEVEL:
the Town of Needham. In consists officers, employees, agents, injury, illness, damage or loss than diservices offered by the Town I agree that my participation of Needham is strictly voluntary, facilities, programs, and service to assume all risk of damage, loss	parent of the registered participant, declar ideration of being allowed such use, by agr representatives and all others acting on its hat may occur to me, my children or my p wn of Needham. or the participation of my child/children I further agree that I assume full response provided by the Town of Needham and I oss, or theft to or of any of my personal procedure.	reeing below, I do hereby waive, s behalf from any and all claims or roperty as a result of my partici in any and all activities, faciliti insibility for my participation or assume any and all risk of injury operty.	release, and forever disc or causes of action (know pant in any aspect of the es, programs, and servic my child's/children's pa y, illness, damage, or loss	tharge the Town of Needham, n or unknown) for any and all activities, facilities, programs tes provided by the Town of articipation in such activities, that might result. I also agree
Print Name:	Signa	ture:	Da	te:/
	(THIS AREA FOR MAI	LED REGISTRATIO	NS ONLY!)	<u> </u>
	Payment must accompany completed,	mailed in registration form in order	to be processed.	
Cash or Mo		k & Recreation	Pa	MAIL TO: Registration rk & Recreation

Credit Card Number: _

Cardholder's Signature:_

Expiration Date: ___/___ CVC Code: (on back of card) ___

We do NOT accept fax registrations.

178 Rosemary Street

Needham, MA 02494

GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- Pick up and dispose of trash properly. Trash attracts bees and wild animals.
- Trash is picked up by truck so barrels need to be located at entrances. If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- Report any unsafe field conditions immediately to a league supervisor or the Park and Recreation Department.
- Park in designated areas. If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
 - Parking in fire lanes, in crosswalks, and in front of fire hydrants is illegal and unsafe!
- Be considerate of all park neighbors, leaving enough room for access to driveways, and do not park on their lawns.

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

See the **2020 Needham Youth Sports Organization Brochure** at the Park and Recreation Office <u>OR</u> visit our website at www.needhamma.gov/ParkandRecreation and select "Sports Contacts" from the left hand side of the page.

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, and must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups.

LOCATIONS INCLUDE:

Broadmeadow—Broadmeadow Road
Claxton—Central Avenue
DeFazio—Dedham Avenue
Eliot—Wellesley Avenue Ext.
Mills—Hampton Avenue
Newman—Central Avenue
Riverside—Riverside Street
Claxton—Central Avenue
DeFazio—Dedham Avenue
Greene's—Pickering Street
Mitchell—Brookline Street
Perry—Beaufort Avenue
Williams—Central Avenue

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- Greene's Field Playground can not be permitted.
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for residents to use from the Park & Recreation Office.

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, or the entire kit costing no more than \$20!

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. We reserve the right to cancel classes or programs that have not met the required minimum.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants <u>MUST</u> be noted age by <u>first day</u> of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. <u>Registrations for participants 5 and under are not complete without a registered birth certificate.</u> If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.

CREDITS/REFUNDS

The Commission has a NO REFUND policy unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation *in writing* to the Park and Recreation office or to parkandrecreation@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781) 455-7930. Messages can be left when the office is closed. If space is available, changes will be made. Additional payments may be required if fees are different and due within the time required by the office. Credits will be given to the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the <u>Wednesday before</u> a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Available to Needham residents, only. Call (781) 455-7930 for more information. *Register in person or by mail ONLY.*

SPECIAL NEEDS PROGRAMING

Call (781) 455-7930 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781) 972-1018.

TRUST FUND FOR PARKS

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7930 for more details.

LOST AND FOUND

Please call (781) 455-7930 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

FREE COMMUNITY EVENTS

SPRING TOWN-WIDE CLEAN-UP DAY

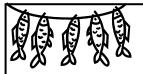
Sponsored by: Needham Park and Recreation Commission and DPW Parks and Forestry

Come celebrate Earth Day with us! Join your neighbors as we clean up the town from the harsh winter. Supplies will be provided at the Rosemary Recreation Complex. We ask that you pre-register with the number of participants so that we can have enough supplies. Have a favorite park or trail that you'd like to give a little extra TLC? Let us know so we can assign you there!

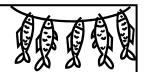
Saturday, April 25, 2019 8:30am—12:00pm

All ages welcome!! Youth under 12 must be accompanied by an adult.

Coming with a group? Email Park and Recreation (parkandrecreation@needhamma.gov) with the total number of people, and we will arrange your clean up site before April 13th.



FAMILY FISHING FESTIVAL



Saturday, May 2, 2020 9:00am - 12:00pm Needham Reservoir

Pre-registration recommended as only a limited number of fishing rods will be available to borrow!

Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission, Mass. Division of Fisheries and Wildlife, and many wonderful volunteers!



TOUCH THE TRUCKS!



Celebrate National Public Works Week! Saturday, May 16, 2020

Ever wondered what it would be like to climb into the sewer truck, an excavator, or a front-end loader? Little kids (and little kids at heart) are invited to climb into the Town of Needham's DPW trucks!!

Drop by anytime between 10:00am and 12:00pm at the DeFazio Park Parking Lot (next to the Tot Lot) on Dedham Avenue.

FREE admission to this FUN family event is made possible by: The Department of Public Works and Park and Recreation Commission



PLUGGED IN NIGHTS



It's open mic night at the Rosemary Recreation Complex! Join us for a fun night of music and community!

Friday, February 28

Friday, March 27

Friday, May 6

Join us between 6:30—9:30pm at the Rosemary Recreation Complex for this **FREE** evening of local entertainment!